

# Cycling isn't just for kids anymore

## Older adults do benefit from this exercise

The Arthritis Foundation

Cycling is a great source of exercise for people suffering from arthritis, as well as for others who may have chronic conditions. Riding a stationary or upright bicycle offers good cardiovascular exercise while strengthening the leg muscles and stabilizing the core. The repetitive knee movement is especially good for arthritic knees because it is low impact and encourages the production of healthy fluids in the joint. Cycling while seated does not offer the benefits of weight bearing exercise, which promotes increased bone density, so in addition to cycling a weight bearing activity is important.

When cycling on a moving bicycle, it is essential to always wear a helmet. Helmets save the lives of both experienced and inexperienced riders. Head injuries are serious and the risk of a head injury may be drastically reduced by wearing a helmet in the event of a wreck.

Besides riding your bike around the neighborhood or on errands, there are



**PARTICIPANTS OF ALL AGES** line up before the start of this year's non-competitive Antelope by Moonlight Bike Ride held on Antelope Island on a warm moonlit evening in mid-July. Bicycling is a healthy activity recommended for many senior adults.

Photo by Katie Oborn – Life in Focus | KatieOborn.com

many local rides of different lengths sponsored during the warmer months that are suitable for people of varying ages or abilities.

Recently, Davis County hosted the 23rd annual Antelope by Moonlight Bike Ride. This ride is

unique because it is held in the evening beginning at 10 p.m. under an almost full moon. Each year there's a different theme for willing participants. The ride is from White Rock Bay to the historic Fielding Garr Ranch and back which is

approximately a 24-mile route. People of all ages are encouraged to participate and enjoy the benefits of cycling. In addition, volunteers of all ages are also encouraged to come and support those riding the along the route.

## Caregiver educational class set

Davis County Health Department's Family Caregiver Support Program offers the remaining summer class for individuals who care for family members that are older and/or frail. This month's class is called "Sunshine and Other Bright Ideas" and is led by Linda Clawson and Mark Hoyal from Davis Home Health and Hospice.

Class will be offered at two different locations. On

Tuesday, Aug. 16, class will be held at Fairfield Village (1201 N. Fairfield Rd., Layton) from noon to 1 p.m. On Thursday, Aug. 18, class will be held at Golden Years Senior Activity Center (726 S. 100 E., Bountiful) from noon to 1 p.m. A light lunch will be provided at either class but attendees must RSVP to Megan Forbush at (801) 525-5088 on that Monday by noon.

## Diabetes self-management program workshop begins

*Living Well with Diabetes* is a fun, interactive six week workshop to help people with type 2 diabetes better manage their health. This evidence-based program is provided by Davis County Health Department's Senior Services.

Participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program.

Subjects covered include:

- Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear

and frustration

- Appropriate exercise for maintaining and improving strength and endurance
- Healthy eating
- Appropriate use of medication
- Working more effectively with health care providers

Anyone with type 2 diabetes should attend the workshop. Family and friends of those with diabetes also are encouraged to attend.

The next workshop begins Wednesday, Sept. 14, 6-8:30 p.m., at Wade Family Medicine, 557 W 2600 S, Bountiful, UT. To register or for more information, call Morganne Housley at 801-525-5087.

# Gum disease not a normal part of aging

National Institutes of Health – Senior Health

In its early stages, gum disease may be relatively painless, but as gum disease progresses it may cause sore gums and pain when chewing.

There are two types of gum disease: gingivitis and periodontitis. Gingivitis causes redness, swelling, and bleeding of the gums. This type of gum disease does not break down the bone or tissues that hold the teeth in place, but without acknowledgement and care, gingivitis may advance to become periodontitis. Gingivitis is often reversible with consistent brushing and flossing, whereas periodontitis may

begin to damage the bone that supports the teeth and may eventually lead to tooth loss.

Gum disease is not a normal part of aging and is preventable. Making time for an oral hygiene routine and regularly visiting your dentist are very important, especially if you already have been treated for gum disease. Doing these things also may help eliminate the chance it will come back.

The best ways to reduce your risk of developing gum disease are to brush regularly, floss, and see your dentist consistently for professional cleanings. Not having gum disease will give you something to smile about.



## Prevent falls with Stepping On workshop in Layton

Do not let the fear of falling keep you from living. Stepping On is an evidence-based program proven to reduce falls and build confidence in older people. Presenters such as a physical therapist, pharmacists and vision experts help you gain specific knowledge and skills to prevent falls. The 7-week workshop be-

gins Wednesday, Sept. 7th, 2-4 p.m., at Davis Hospital Medical Plaza, Classroom 3, Layton.

To register or for more information, call Morganne Housley at 801-525-5087. The workshop is sponsored by Davis County Health Department and Humana Health Insurance.

# Riley Court Apartments

**FEATURES:**

- Elevator
- Great Room
- Secured/Secluded
- Community Garden
- Social Events

**AVAILABLE:**

- Studios
- One Bedroom
- Two Bedroom/Two Bath Suites
- Executive Suite

*"Life Is Easier Here"*  
Independent Senior Community (age 55+)



517 S. 100 E., Btfl. • 801-989-1602

## Medicare 101 classes scheduled

Are you turning 65 or preparing to retire? Do you have questions about your Medicare benefits? Davis County Health Department's Senior Services offers a one hour free class to inform people about Medicare options, enrollment, and benefits.

Please join us at one of the following classes:

• Wednesday Sept. 14, 2016, Layton Library 155 Wasatch Dr, Layton, UT 84041

• Wednesday Oct. 12, 2016, Clearfield Library 562 South 1000 East Clearfield, UT 84015.

All classes start at 6:30 p.m. For more information, contact Marie Jorgensen at 801-525-5086.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				4 AG – Food Bank 12 Tap Dancing 1 GY – Lapidary 8:30 Arthritis Exercise Class 12:30 ND – Miles Coe on the Piano 11:15	5 AG – **AARP Drive Smart 10-2:30 Lunch/Crazy Auction 11:30 GY – Stained Glass 9 ND – Brain Games with LeeAnn 11	6
7	8 AG – Water Exercise 9 DUP 12 GY – Stained Glass 9 ND – **Card Making Class 10:30	9 AG – Art (Kaysville Rec) 9 Tai Chi 9:40 GY – Lapidary 8:30 Woodcarving 9 ND – Blood Pressure Clinic 10:30	10 AG – Bingo 10:15 Watercolor 10:30 GY – Senior Aerobics 8:30 ND – Art 9 Texas Hold'em 12 Bingo 12:30	11 AG – Food Sense Nutrition Class 11:15 GY – Dancing Grannies 8:30 Arthritis Exercise Class 12:30 ND – Movie 12	12 AG – Autumn Glow Choir Singing 10:30 GY – Water Color 9 ND – Brain Health Presentation Humana 10:30	13
14	15 AG – Lifetime Fitness 9 Bingo 10:15 GY – Dancing Grannies 8:30 ND – Trivia & Treats with Kristina 11:30	16 AG – Chair Tai Chi 10:40 Square Dancing 12:30 GY – New Chair Yoga 9:30 Woodcarving 9 ND – **Food Clinic by appointment	17 AG – **Foot Doctor 9-1 Blood Pressure Checks 10:30 GY – Singles Social 11:15 ND – Art 9 Food Bank	18 AG – Wire Wrapping 8:30 **Road trip: Senior Fair Day 11-2 GY – Bridge 1:30 ND – Senior Day at the County Fair	19 AG – Internet 101 9:30 Canasta 1 GY – Line Dancing 9:30 Movie 12:30 ND – Texas Hold'em 12 Bingo 12:30	20
21	22 AG – Oil Painting 9 GY – Arthritis Exercise Class 12:30 Oil Painting 1 ND – **Card Making 10:30 Health Tips with Gina 11:30	23 AG – Lapidary 8:30 **Road trip: Hoopernacle 11 GY – Pinochle 1 ND – Blood pressure 10:30 Home Comfort Care Presentation 11:30	24 AG – Lunch/Rocky Mt. Care 11:30 Ceramics 12 GY – Senior Aerobics 8:30 Bridge 1 ND – Bingo 12:30	25 AG – Tai Chi 9:40 NO Food Bank GY – Lapidary 8:30 Bridge 1:30 ND – Food Sense Nutrition Class 1	26 **AG, GY & ND August Birthday Party AG – Lunch Entertainment: Tom George 11:30 GY – Sit n Fit 8:30 ND – Bingo 12:30	27
28	29 AG – Oil Painting 9 Lunch/Trivia of the Day 11:30 GY Bridge 1 ND – Bingo 12:30	30 AG – Chair Tai Chi 9:40 GY – Zumba 9:30 ND – Quilters 10 Card Games 12:15 Line Dancing 1	31 AG – Water Color 9:30 Ceramics 12 GY – Single's Social 11:15 ND – Food Bank	Sept 1 AG – Tap Dancing 1 GY – Senior Aerobics 8:30 Bridge 1:30 ND – Card Games 12:15	Sept 2 AG – Lapidary 8:30 GY – Tai Chi 9:30 ND – Computer Class 10:30	3

\*\* Call Senior Activity Center to Make Reservation

(Note: Not all activities are listed on this consolidated calendar, activities are subject to change)

AG ~ Autumn Glow  
(801) 444-2290  
81 East Center Street  
Kaysville, UT 84037

GY ~ Golden Years  
(801) 295-3479  
726 South 100 East  
Bountiful, UT 84010

ND ~ North Davis  
(801) 525-5080  
42 South State Street  
Clearfield, UT 84015